

# October Schedule



at Liberty Community Plaza

14181 Telegraph Road, Whittier, CA 90604 / 562-273-0700  
 HOURS: Mon 8am-9pm, Tues 8am-8pm, Wed 8am-8pm, Thurs 8am-9pm  
Fri 8am-6:30pm, Sat 8am-4pm, Sun CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Citizenship Class 9:30-10:45am Hatha Yoga 11:15-12:15/12:30-1:30pm Gentle Yoga 10-11am Self-Advocacy Mtg. 1-2pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Parenting Class 5-630pm	2 Al-Anon (Spanish) 10-12pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm YAGC (rescheduled) 10-1pm	3 VA Office Hours 8am-12pm Citizenship Class 9:30-10:45am Painting for Older Adults 10-12 pm Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm	4 VA Office Hours 8am-4pm Hatha Yoga 11:15-12:15/12:30-1:30pm \$3 Zumba 6:45-7:45pm	5 VA Office Hours 8am-4pm	6 Free Zumba 9:30-10:30am Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm
8 Citizenship Class 9:30-10:45am Hatha Yoga 11:15-12:15/12:30-1:30pm Gentle Yoga 10-11am Self-Advocacy Mtg. 1-2pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Parenting Class 5-630pm Board Games 5:30-7:30pm	9 Al-Anon (Spanish) 10-12pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	10 VA Office Hours 8am-12pm Citizenship Class 9:30-10:45am Painting for Older Adults 10-12 pm Kidz Zumba 5:30-6pm/6-6:30pm CEA-HOW 6:30-7:30pm \$3 Zumba 6:45-7:45pm Al-Anon (English) 6:30-7:50pm	11 VA Office Hours 8am-4pm Hatha Yoga 11:15-12:15/12:30-1:30pm \$3 Zumba 6:45-7:45pm	12 VA Office Hours 8am-4pm Community Showers 9-1pm	13 Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm Free Zumba 9:30-10:30am
15 Citizenship Class 9:30-10:45am Gentle Yoga 10-11am Hatha Yoga 11:15-12:15/12:30-1:30pm Self-Advocacy Mtg. 1-2pm Board Games 5:30-7:30pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm	16 Al-Anon (Spanish) 10-12pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	17 VA Office Hours 8am-12pm Citizenship Class 9:30-10:45am Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm	18 VA Office Hours 8am-4pm GI Forum 10am-12pm \$3 Zumba 6:45-7:45pm	19 VA Office Hours 8am-4pm Community Showers 9-1pm	20 Al-Anon (Spanish) 10-12pm Free Zumba 9:30-10:30am Codependents Mtg. 11-12:30pm
22/29 Citizenship Class 9:30-10:45am Hatha Yoga 11:15-12:15/12:30-1:30pm Gentle Yoga 10-11am Self-Advocacy Mtg. 1-2pm Nar Anon (English) 6-7:30pm \$3 Zumba 6:45-7:45pm Board Games 5:30-7:30pm (29) Parenting Class 5-630pm	23/30 Al-Anon (Spanish) 10-12pm Nar-Anon (Spanish) 6:30-7:45pm \$3 Zumba 6:45-7:45pm	24/31 VA Office Hours 8am-12pm Citizenship Class 9:30-10:45am Painting for Older Adults 10-12 pm Kidz Zumba 5:30-6pm/6-6:30pm \$3 Zumba 6:45-7:45pm CEA-HOW 6:30-7:30pm Al-Anon (English) 6:30-7:50pm	25 VA Office Hours 8am-4pm Hatha Yoga 11:15-12:15/12:30-1:30pm \$3 Zumba 6:45-7:45pm	26 VA Office Hours 8am-4pm	27 Al-Anon (Spanish) 10-12pm Codependents Mtg. 11-12:30pm Free Zumba 9:30-10:30am
 <b>Happy Halloween</b> <small>LIBERTY PLAZA WILL CLOSE @ 3 PM</small>					



<b>Al-Anon Meeting (Family Groups)</b>	En Español! Free every Tuesday and Saturday. Call for more info about this inviting and supportive group of individuals. Meetings start at 10:00am and end at Noon. <b>Arts &amp; Crafts Room</b>
<b>Al-Anon (English Group)</b>	Free resource in English at Liberty Plaza every Wednesday. Do you have a loved one who may be struggling with alcoholism? This warm and supportive group may be just for you. 6:30-7:50 pm. <b>Arts &amp; Crafts Room</b>
<b>Community Showers</b>	Mobile showers, homeless resources and hygiene kits available on the 2 <sup>nd</sup> and 3 <sup>rd</sup> Friday of the month from 9am-1pm. In partnership with several homeless agencies and 4 <sup>th</sup> District Supervisor Janice Hahn. <b>LCP Parking Lot</b>
<b>CEA-HOW</b>	A program for anyone suffering from compulsive eating, anorexia, and bulimia, we are a fellowship of individuals who, through shared experience, strength and hope are recovering. Wednesdays 6:30-7:30pm. <b>LCP Conference Room</b> .
<b>Citizenship Course</b>	<b>FALL SESSION!</b> Mondays & Wednesdays, Presented by Rio Hondo College, this nonaccredited course is FREE and will help you gain the path to being a United States Citizen! MUST BE REGISTERED. 9:30-10:45 am. <b>LCP Conference Room</b>
<b>Co-Dependents Anonymous</b>	En Español! Join the new CoDA group every Saturday, free. Stop looking for outside reasons to feel good, join CoDA for you, 11:00am-12:30pm. <b>LCP Conference Room</b> .
<b>GI Forum</b>	Every 3 <sup>rd</sup> Thursday, come to find out more about this community Veterans organization and other services available. Visit 10-12pm. <b>LCP Conference Room</b>
<b>Gentle Yoga</b>	Free! Mondays 10am-11am, formerly known as Body Movement & Awareness, this class allows modifications in yoga available for seniors or those with mobility impairments. MUST BRING OWN MAT. <b>Health &amp; Wellness Center</b>
<b>Hatha Yoga (2 Sessions)</b>	<b>FALL SESSION!</b> Come join this Yoga class brought to us by Rio Hondo! A great FREE way to get active and nourish your mind, body, and soul. MUST BE REGISTERED TO JOIN, PLEASE SEE FRONT DESK FOR MORE INFO. Mondays & Thursdays 11:15-12:15pm and 12:30pm-1:30 pm. <b>Health &amp; Wellness Room</b>
<b>Kidz Zumba</b>	Free classes every Wednesday 5:30-6:00PM for Ages 4-7 and 6:00-6:30PM for Ages 8-12. <b>Health &amp; Wellness Center</b>
<b>Military &amp; Veteran Affairs Office Hours</b>	Los Angeles County MVA representatives hold office hours for info on benefits no appointments needed. Sign in at Lounge any time after 8:00am. Wednesdays 8am-12pm, Thursdays & Fridays 8am-4pm. <b>Last sign in at 2pm. Valor Resource Office</b>
<b>Painting for Older Adults</b>	<b>FALL SESSION!</b> Brought to you by Rio Hondo College, this FREE nonaccredited class will teach older adults the fundamentals of painting! Wednesdays from 10 am-12pm, MUST BE REGISTERED. <b>Arts &amp; Crafts Room</b>
<b>Parenting Class in English</b>	A free class, led by Helpline Youth Counseling every Monday. Session runs from 7/30-10/8. Learn about effective parenting skills, anger management and Q&A. For more info & how to register call (562) 273-0722. 5-6:30pm <b>Counseling Rooms</b>
<b>Nar-Anon en Espanol</b>	En Español! Free every Tuesday evening. Call to learn more about this program, by Grupos De Familiar, find peace and hope, 6:30pm-7:45pm. <b>LCP Conference Room</b>
<b>Nar-Anon in English</b>	Free every Monday evening. "Serenity, not Sanity" is a Nar-Anon group that will be meeting to discuss the trials, tribulations, and overcomings of being involved with the struggles of addiction. 6-7:30pm <b>LCP Conference Room</b>
<b>Strategy Board Game Night</b>	<b>NOW WEEKLY!</b> Free to all ages! Every Monday night from 5:30-7:30pm, join a friendly group of gamers as they play dozens of problem-solving board games. <b>Arts &amp; Crafts Room</b>
<b>Self-Advocacy Meetings</b>	Free, Mondays, for adults with developmental disabilities. Provided by REACH, 1:00pm-2:00pm. <b>LCP Conference Room</b>
<b>Year Around Gardening Club (YAGC)</b>	Want to learn more on all things gardening? Join this club which meets monthly from 9-1pm on Oct. 2 this month. A great way to get involved in the community and learn something new! <b>MPR</b>
<b>Yoga Class for All Levels</b>	\$3 CASH ONLY yoga classes for ages 13+, all levels welcome. Please bring your own yoga mat, Saturdays TBD from 11am-12pm. <b>Health &amp; Wellness Center</b>
<b>Zumba Classes</b>	\$3 CASH ONLY classes every Monday-Thursday 6:45pm-7:45pm. FREE class every Saturday 9:30am-10:30am. Maximum 12 students. <b>Health &amp; Wellness Center</b>

